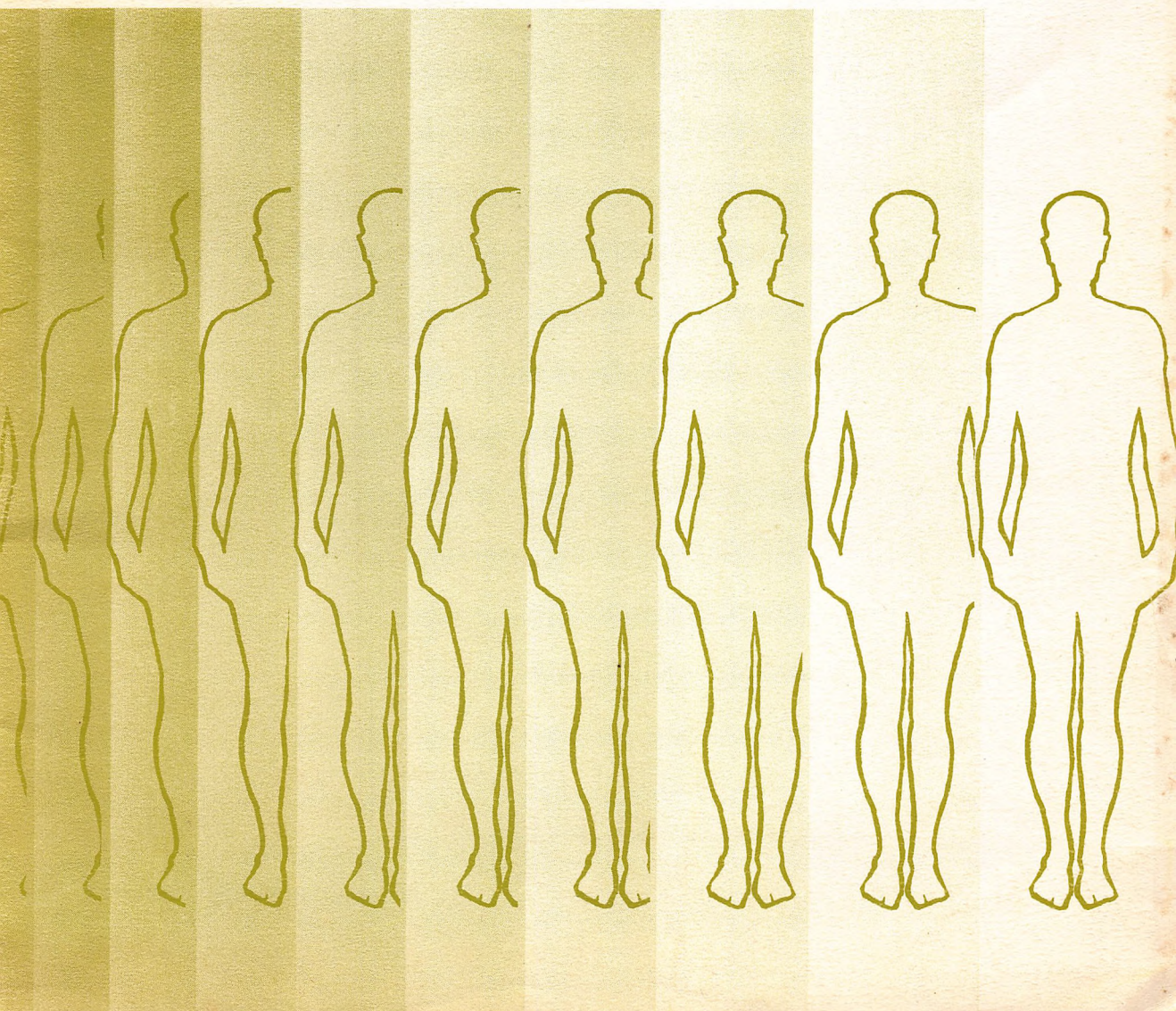


# TEN STEPS TO SELF- FULFILLMENT

By Robert G. Chaney

STEP 9

From Chaos to Creative Cosmos





Illustrations by Teodors Liliensteins

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# TEN STEPS TO SELF-FULFILLMENT

*By Robert G. Chaney*

## STEP 9

### THE FIFTH MYSTICAL LAW:

### **From Chaos To Cosmos**

#### The Law of Organization

Organization and harmony are hand in hand -- two aspects of the same whole. Whatever is organized is harmonious. Whatever is harmonious is organized.

Persons who are emotionally and mentally disturbed are out of harmony within themselves, out of harmony in their relationships to the outer world.

In my files is a startling newspaper account about musical therapy at Wayne County (Detroit, Michigan) General Hospital. It describes a woman in the violent ward who cannot communicate either with her own normal consciousness or with other persons. Having lost all sense perception, she is nothing more than a living stone.

Two musicians play piece after piece on a piano and a violin but the woman stares vacantly ahead; she gives no sign of even hearing them. Suddenly they begin to play a bright, romantic dance rhythm. Slowly the woman rises and struggles to move arms, legs and body in rhythm to the music. For the first time in weeks awareness returns. She looks at other patients, smiles, smooths her straggled hair. An opening has been found to pierce the mental abyss and point her back toward reality.

Another experiment, this in a college laboratory. Canaries are subjected to violent, discordant music. They become completely disarranged emotionally and mentally. Two experiments, completely at variance. Does it prove anything?

It helps us understand that although music doesn't cure insanity, it helps provide a method of inner alignment so the individual can function as an integrated unit rather than as a collection of disorganized, separated parts.

Remember the bus ticket described in Step 4? "Not good if detached." When one or more parts of ourselves become "detached," disorganized, we cannot function as harmonious beings.

The power of organized, harmonious activity is obvious in every field. Battles are won when men and materials move in an organized, harmonious fashion. In the field of spiritual activity, *...when two or three are gathered together in My name, there am I in the midst of them.* Personality and spirit blend when Spirit is the organizing element. Another way of saying the same thing is, *I am in the Father, and the Father is in me.*

In business, family, labor relations, politics, religion -- in every activity known to man -- organization is the essential ingredient for accomplishment. And nowhere is this truer than in the Self. Accomplishment is in direct ratio to organization. Chaos is in direct ratio to disorganization.

The Greek word *kosmos* literally means *order*. On your journey from chaos to cosmos, then, one of your most important steps is to bring order and harmony into your life. This lesson contains ideas which will help you to create it.

In the field of human endeavor, one thing that order does not mean is regimentation. Order does not mean that everyone must think and act in exactly the same way. In order there is room for individuality.

Entering a business office one day, I noticed several slips of paper scattered on the floor around the desk of the person on whom I was calling. Thinking they had blown off the desk, and hoping to be of help, I began picking up the papers.

"Eek! Stop!" shouted the lady behind the desk.

Startled, I paused with the papers in mid air.

"That's my filing system," she explained as she leaped to her feet and snatched the papers from my hands.



It developed that her "system" was to arrange important papers and notes on the floor around her desk in a way that enabled her to act upon them in the order of their importance. Her system was organized to help her accomplish more in the shortest time. For her, it was a wise, workable plan. What is order for one is not necessarily so for another.

Order consists of two related aspects:

1. organization,
2. creativity.

#### HOW GOD CHANGES CHAOS TO COSMOS

If we are to pattern our lives as microcosms, or miniature universes, upon the blueprint of the macrocosm, or larger universe, then we must create through order.

Everything that now exists always has. The Infinite Mind exerted Itself upon the chaotic substance and rearranged it in organized expressions. God didn't actually create something from nothing, for that is impossible. He simply organized that which existed in chaos, caused forces and substances to move in majestic harmony, and the result was the universe as we know it.

In a lesser way that is exactly what we do with life. We are immersed in disorder, or chaos, out of which we are to bring order, or cosmos. Perhaps he meant it in a different way, but this is what Paul was saying in his famous words to the Corinthians (see I Corinthians, Chap. 15) when he spoke of the last enemy to be conquered...death. Disorder is death...*this corruptible* (chaos) *must put on incorruption* (cosmos), said Paul.

So our goal is order, and we will use two related methods to accomplish it, self-organization and creativity. But first we must impress upon our minds the fatal results of disorganization by looking for a moment at the life of a creative genius.

#### WHAT DISORGANIZATION CAN DO

Have you ever heard of a man named Torrigiano? He was an Italian student painter of considerable skill



attending the same school with Michelangelo. Instead of being organized and creative about his own work he became inwardly disoriented over the favors shown Michelangelo and one day in a fit of fury struck him with a mallet. He was expelled from the Academy, banished from Florence and thus a growing talent was destroyed.

Have you ever heard of Bandinelli? He too was a fine artist who one day viewed what was considered Michelangelo's greatest painting, a huge composition of thirty soldiers bathing in the Arno river. He, too, was inwardly disoriented...to such an extent that he destroyed the painting.

Two men, Torrigiano and Bandinelli, creative artists of such ability they had no need to be concerned about the work of another artist, allowed disorganization to ruin their careers and their reputations. Truly, disorder is death.

I refer to these two unfortunate incidents to underscore the tragedy of disorder and to emphasize how important order is to each of us if we wish to attain true Self-fulfillment. A prominent teacher of architecture in our time said, "Disorder is not freedom; it is not mountain flowers; it is not fun. Disorder is the condition for death." So true fulfillment of Self decrees that we start with order, and there is only one place where that activity can begin.

#### START FROM WHERE YOU ARE -- USE THE 4 CREATIVE TOOLS

There is an old story about a traveller in a remote region who, being lost, stopped to ask a local resident for directions to a distant city. After thinking about it for a moment a puzzled look came upon the native's face, as he said, "Stranger, you just can't get there from here."

Of course, "here" is the only place from which you can start. And in our ten steps "here" is within yourself.

If you begin with the outer aspects of your life you will dissipate your efforts by treating symptoms instead of causes...and get nowhere.

If you begin with the inner aspects, you focus your energy, your creativity, every talent and potential you possess, like the concentrated laser beam...



and move toward your personal destination.

The starting point is your consciousness, the center of your awareness as a being, a Self. From that point you will proceed to the larger area of your consciousness which includes subconscious and superconscious elements. In your consciousness right now there are four creative tools that offer you the potentials for becoming a master of your individual life. They are:

1. thought,
2. imagination,
3. desire,
4. intuition.

THOUGHT: As I look back upon my own life, I'm amazed at how little truly intense thinking I've really done about some of my problems and goals. And I'm not happy about it.

I've discovered that my mind possesses a potential far beyond that which I've often expected or demanded of it...I can think longer and more intensely than I realized. Since learning this I've accomplished much more than previously. I've also discovered that intense thinking is self-satisfying, that it establishes order, that it harmonizes my life both inwardly and outwardly.

IMAGINATION: Occasional controlled, practical "daydreaming" brings added facets of the thinking consciousness into play. It helps open the channels through which the superconscious expresses itself.

Self-control is essential to productive imagination. As it has been written, "The spirits of the prophets are subject to the prophets."

DESIRE: Desire is the focusing and energizing element. Without it neither thought nor imagination is truly effective.

The greatest thought in the world is no more valuable than yesterday's discarded newspaper unless it is focused and energized into productive activity by your desire to see it expressed.

INTUITION: The acceptance of intuitive impulses



brings the highest elements of your Self into activity.

If there is one element of organization and creativity missing from most lives, it is intuition, a potential that grows stronger and more accurate with use.

With only four tools, a hammer, saw, square and level, a master carpenter can build anything you wish. And with the four inner tools...thought, imagination, desire and intuition...you can build any kind of life you wish. Now let us apply these tools to the structure of organized life, still working from the inner to the outer.

#### THE SECOND PART OF THE JOURNEY TOWARD ORDER

Remember the seven basic life forces we discussed in Step 6.

1. Hunger (including thirst)
2. Breath
3. Metabolism (building living matter in the system to supply energy)
4. Sex (physical creativity)
5. Consciousness (mental activity)
6. Altruism
7. Spiritual aspiration

If you will use the creative and organizing tools of thought, imagination, desire and intuition, in relation to these seven basic life forces you will progress rapidly from chaos to cosmos.

For example, orderly thinking about hunger and breath automatically organizes the forces generated through these basic aspects (plus the aspect of metabolism) so that the body, which is the instrument of the spirit, functions the better in that capacity.

Even if hunger and breath were totally ignored, orderly thought itself results in a more organized and creative life.

*Behold*, said the Christ, *a sower went forth to sow*. Then he talked about the different kinds of ground on which the seed might fall. Some of the seeds were more productive than others. It is implied that if the



sower were well organized in his efforts, most of the seed would fall on good ground and bring forth good fruit. We can further assume that the sower would not mix several kinds of seed, a handful of this, a handful of that, and a handful of still another variety. The different varieties of seed would struggle against each other and a fruitful harvest would be impossible.

And so it is with thought. Each thought is a "seed" that brings forth more of its own kind. When thought is organized, each variety is planted in the most productive field and brings forth fruit "some an hundredfold, some sixtyfold, some thirtyfold."

In one of Jesus' parables he described the householder who had his workers (thoughts) sow wheat in his field. But while they slept (while organized thinking was inactive), his enemy (disorganized thought) sowed tares in the field. Wheat and tares grew together, spoiling the good crop. There was chaos in the field.

The householder realized that wheat and tares could not be harvested together, so he proceeded to organize his workers. He had them gather the tares (which were the result of disorderly thinking) and destroy them. This symbolizes the concentrated effort and planning necessary to organized thinking. Then the harvest of the good wheat could proceed.

#### HOW TO PROCEED WITH SELF-ORGANIZATION

In Step 5 we studied "constellating," or the coalescence of circumstances. The way to proceed with Self-organization is to coalesce the circumstances of expression in your life into an orderly and productive pattern. The elements of your life which should be organized are physical, emotional, mental and spiritual. Here are some examples.

THE PHYSICAL: Eat proper food, breathe properly, exercise intelligently, use the slant board technique. Avoid sowing the tares of excess.

THE EMOTIONAL: Exercise emotional control, express higher emotional qualities such as love and compassion, control yourself rather than others. Practice serenity. Destroy the tares of self-pity and self-condemnation.

THE MENTAL: Create a positive attitude, pursue intellectual interests, set goals and focus your

thought processes upon them, strive for balance and stability in all things. Use the four creative tools previously described. Use your higher potentials such as intuition. Destroy the tares of improper thought.

THE SPIRITUAL: Meditate, aspire, use affirmations, strive to activate your relation to the Infinite, bring the spiritual dimension into functional relationship with the material. Destroy the tares of complete materiality, satisfaction with a superficial knowledge of your Self and spiritual matters.

From the above, you will quickly see that each of the preceeding Steps in this series contains many ideas for bringing order to your life. In this lesson we've noted that (1) you must start from where you are, and (2) you must recognize, and work with, the seven basic life forces. Now we proceed to the third consideration.

#### MAKE A PLAN

In Step 4 I introduced you to Mr. Alfred Montapert, the founder and president of seven successful corporations. To help others be successful Mr. Montapert compiled a *Success Planning Manual*, a large book that helps plan for success in your personal life, in vocation or business, in health, family and home, in retirement and in other aspects of living.

I recommend it to you with the highest commendation. It's an ideal gift for a graduate, a young adult just starting out in life, or for yourself at any age. It's a treasure of planning ideas that will help you coalesce the circumstances of your life to a successful completion. Most of us work hard, but as Mr. Montapert says, "Your life will be no better than the plans you make and the action you take." We should act after the plan has been made, not without it. If you cannot obtain Mr. Montapert's book, there are certain principles you will want to follow in making your own planning manual.

1. Put your plans on paper where you can be reminded of them frequently, where you can check off your goals as they are attained, where you can make changes if necessary.

2. Write out your plans for the day, for the week, for the month, for the year.

3. Include social, spiritual, travel, cultural,



health and personal interests as well as vocation, business and financial plans.

4. Organize your plans under the various headings and for short range (immediate goals), intermediate and long-range goals.

5. Break down long-range plans for major goals into smaller parts.

6. Review and upgrade your plans frequently.

7. Most important of all, set target dates for achieving your goals and strive to meet them.

It seems like an enormous task, but it's much simpler and easier than it appears. Remember, in the long run it saves time (which is the channel of accomplishment, financial success and enjoyment). And remember, too, that you are planning the most important thing in the world...your life, and Self-Fulfillment in it.

The only way to learn organization in life is to practice it. Never accept the idea that limited education or knowledge will defeat you. In his *Success Planning Manual* Mr. Montapert points out that "success or failure is caused more by our 'mental attitudes' than by our 'mental capacities'."

#### ORGANIZE YOUR ATTITUDE

One of the most important factors for bringing order out of chaos is the attitude with which you approach your vocation, your relationships with others, in fact every aspect of life.

For example, I've seen workers who grumbled about every job they undertook. They dwelt upon how and why it wouldn't work, why it shouldn't be done, or should be done by someone else. They went about their tasks and responsibilities constantly planting in the atmosphere the negative seed thoughts and emotions which doubled and tripled the amount of effort necessary to complete their tasks successfully. They built solid walls of resistance between themselves and others and, even more important, between their own consciousness and all the inner potentials they possessed. They entirely blocked or at least impeded the flow of inspiration and creativity which would have made their tasks much easier and far more successful.

Thus every day in your life will be far more productive if you will approach every aspect of it with controlled optimism (which is merely an aspect of faith) instead of rampant pessimism (which is an aspect of doubt).

*A double minded man is unstable in all his ways,* wrote James in his Epistle. A double minded person constantly wavers between faith and doubt.

*Unstable as water, thou shalt not excel...* said Jacob to his sons, pointing out that instability and chaos are synonymous.

*Be ye transformed by the renewing of your mind,* wrote Paul to the Romans. To renew your mind is to reinforce it regularly with faith and spiritual attunement.

Use affirmations to renew your mind. Use prayer, use meditation, use inspirational literature, poetry and song; use determination and will power. Let no stone be unturned in your efforts to transform yourself into the person you really are.

Obviously the genesis or beginning of organization is within you, just as the beginning of creation was in the Cosmic Consciousness. The Bible's Book of Genesis is the story of how God brought order out of chaos and formed the universe as we now know it. The genesis of your personal universe is written by your mind and the positive, persevering attitude that you establish therein. The creative sphere of your Self is channelled through the same instrument, your mind.

#### YOUR INNER KINGDOM, THE CREATIVE SPHERE OF YOUR SELF

*The Kingdom of Heaven is the kingdom of organization, and it is in you.*

*The Kingdom of Heaven is the kingdom of creativity, and it is in you.*

These two sentences are the sum total of accomplishment, organization and creativity in life. They should be emblazoned upon your consciousness so boldly that they appear in luminous letters in your mind over and over again every day.

It is in that mind of yours that you organize, create and develop every aspect and quality of life.



It is in your mind that you plant and harvest either tares or wheat. It is in your mind that you give the first substance of reality to your dreams, your aspirations, and your goals.

The process for activating the inner kingdom of creativity is deceptively simple and can be stated in a three-part metaphysical formula:

1. Plant the seed thought in the magnetic field of your consciousness...
2. Nourish it with affirmations, prayer, and other forms of positive thinking and spiritual attunement...
3. Believe firmly in the harvest to come, and work steadily toward it.

I've said that the process is deceptively simple, and so it is. It requires effort, determination, perseverance, ingenuity, and self-dedication. But it produces results.

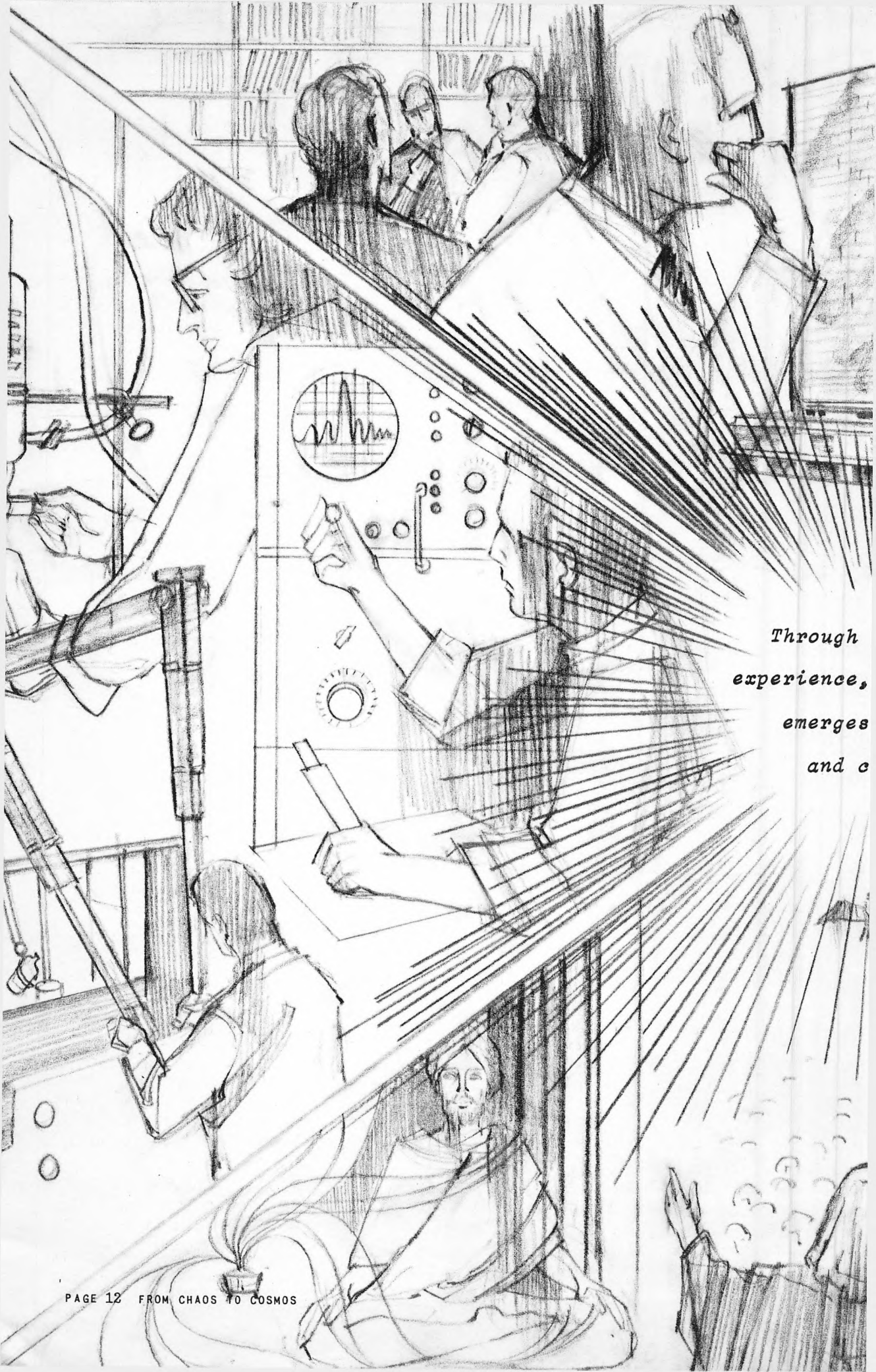
This was the formula that Henry Ford followed when he established the Ford Motor Company. His seed thought was a mass produced automobile at a low price everyone could afford. He thought and acted positively and intuitively. He never wavered from his conviction that his project would be successful.

This was the formula followed by Jesus, Moses, Buddha, Muhammed and many others in the field of religion.

If you will review the life of the most successful person you know, you will discover that it was this simple formula which made creative success possible. And it will work for you, too, if you will make it work.

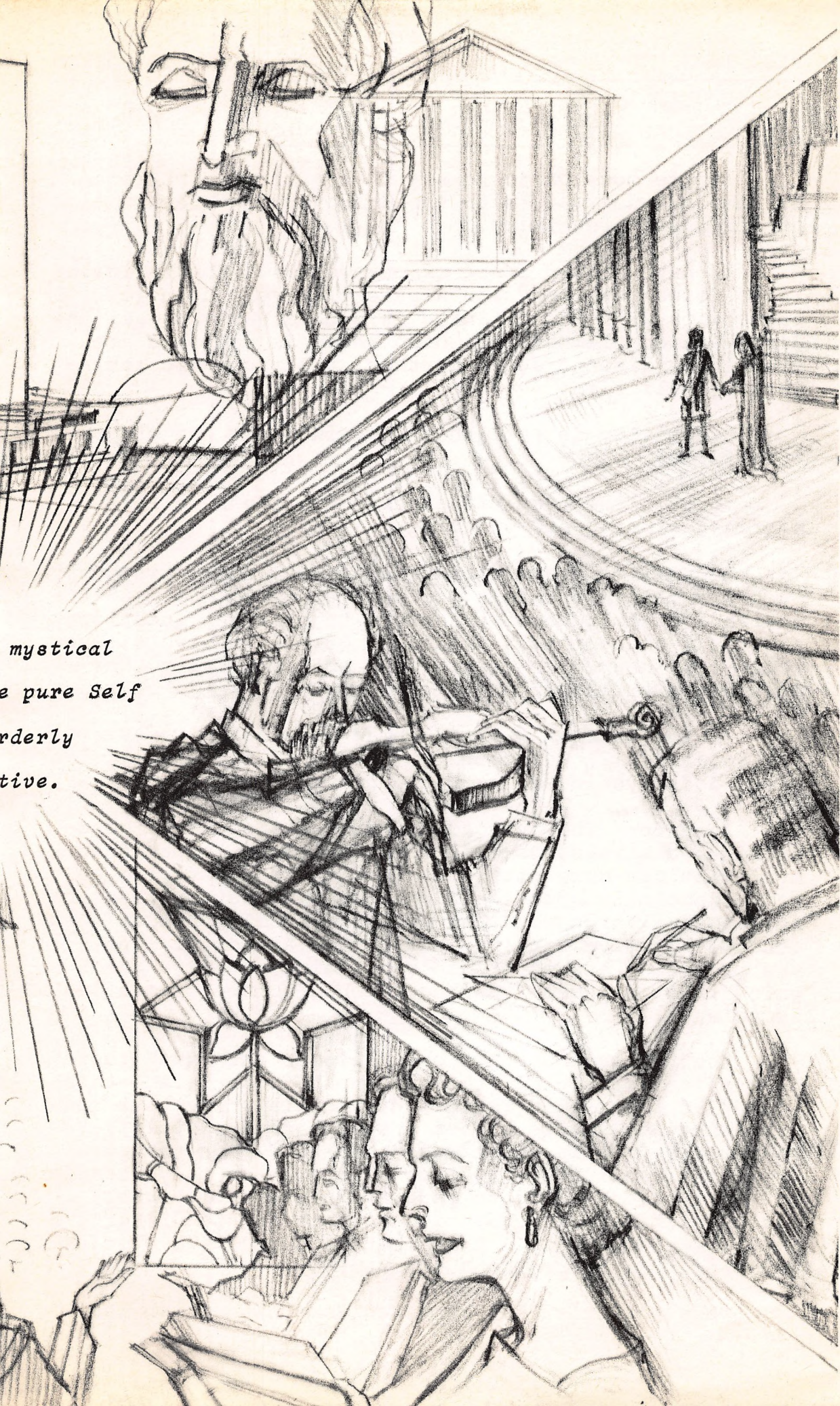
And there is an important aspect of this formula which is often ignored. As you work with it you increase the activity of the divine creative life through your own life. Cosmic creative energy, the highest vibratory force there is, begins to stimulate your consciousness and its creative energy.





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### THE MYSTICAL WAY TO ORDER AND CREATIVITY

In its most basic sense, the mystical experience is almost synonymous with the discovery and realization of order and creativity.

To have a deep sense of oneness with the Infinite is to focus your consciousness exclusively upon your connection with the Infinite in such a way that all the disorganized elements of which chaos is composed are completely disregarded. Further, their chaotic influence is nullified.

Creativity is reorganization into new and productive forms.

Through the mystical experience, the pure Self emerges, orderly and creative.

Mysticism is a thrilling adventure...the discovery of basic meanings, their profound significance, and the search for comprehensive answers to puzzling questions about the role of Self in life. Of all endeavors, what could come nearer to orderliness and creativity than mystical experience?

In the general area of human expression we have (1) science, (2) philosophy, (3) the arts, (4) religion. Where does mysticism enter the picture?

Science: The approach of science is one of measurement, analysis, observation. It would appear that mysticism has very little to do with it, mysticism being...generally speaking...an intuitive rather than an intellectual process. But actually, while science does measure, observe, analyze and arrive at conclusions, the preceding stages of man's mental gymnastics which gave birth to these "testings" could not be classified as science.

What we call science only becomes such when there is a scientist behind it...the human factor...and this scientist invariably reaches his initial, pre-test concept through what is almost a spontaneous, intuitive realization. This realization may have been preceded by years of clinical research during which many scraps of information were garnered into his consciousness, but the ultimate consummation of them and the intuitive conclusions drawn from them must be termed a mystic experience, deeply profound in nature.

This scientist has realized something which had



not been discovered by anyone else before him. So while science appears to exclude mysticism, that which is essentially profound and meaningful to the world of science possesses a component of mysticism, whether cognized as such by the scientist or not.

Philosophy: If philosophy is simply to be regarded as mental exercises in which the exponent talks only to impress his colleagues with how much he has read or assumes he knows of human nature because of his academic studies, then surely there is no mysticism involved.

But if philosophy is to be regarded as an inner process whereby one delves into the essential nature of life...particularly concerning the fundamental aspects of human nature which have hitherto been unexpressed...then philosophy becomes a mystic experience.

The Arts: There are many areas in the graphic, literary and performing arts in which mysticism makes the difference between the true artist and the hack. The one who is intuitive becomes truly creative and unique in his field. He is a mystic.

His art becomes a living testament of his greatness because of his sensitive absorption in it. Thus he is able to communicate something above and beyond ordinary words, pictures or movement...whatever field his artistry involves.

Religion: In religion we each have the choice of being either an observer or a participant. In modern man the urge is toward participation rather than observation. For that reason the mystical experiences of historical divines become less meaningful because they express the emergence of another person's Self.

We search for the emergence of our own Selves. Yet training and environment inhibit us. We carry the burden of the past. We should view others' experiences merely as guides to our own. To become an actual participant in religious expression is to have the experience for one's Self.

"To live" is your destiny. To live is to translate an inner experience into fruitful outer expression. The path of the Self is opened, broadened and smoothed, through mystical experiences which focus every inner element of your being in an orderly and creative manner.

The transformation from inner to outer is not a "once-in-a-while" occurrence. It is a never ending process in perpetual motion whether you realize it or not. You are always and alternately a communicant, or receiver of "something" from beyond yourself, and a communicator, or expressor of something in and through yourself.

The automobile factory assembly line is a crude example. Several thousand disorganized parts are assembled into an orderly, harmonious unit which fulfills a certain function -- transportation for people and things. You assemble outer experiences (the disorganized "parts" of life) on an assembly line of inner experience in a way which enables them to fulfill a certain function as an orderly, creative unit -- Self-fulfillment.

#### WHAT LIFE REALLY IS, AND HOW I CREATE IT DAILY

Both life and mind can function with complete independence from body.

In its major obvious aspect, life is that vital principle within matter which, both in spite of man and because of man, creates the world of form. It is that universal force working behind the scenes of our everydayness that man glibly terms "nature."

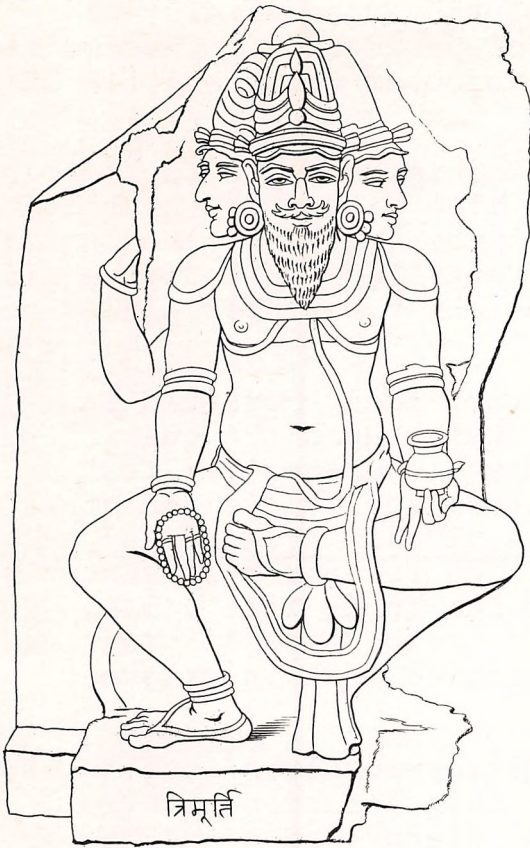
After creating the myriad forms of the sidereal kingdom (or dimension of matter and substance), life energizes the worlds and forms thereof. It both maintains and destroys. It dissolves some creations in order to reconstruct others.

Just as the great subconscious mind within the form of man operates the functions of the physical form, usually without man's interference or help in any way, so does the universal force of life create and destroy forms, usually regardless of man and his seemingly puny powers.

The ultimate purpose of man is to harness the power called "life" and direct it toward his own constructive physical living. So far, man has done an excellent job of both disregarding and seeking power -- plunging life into depths of uselessness and frustration instead of lifting it into the paradise on earth that man could enjoy.

As a mystical scientist you understand that life





*The ancient Hindus recognized the existence of three basic life forces: creative, preserving and destructive.*

*These three aspects were personified in this reproduction of Trimurti, the Hindu Triad.*

*The figure represents Brahma the creator in front, Vishnu the preserver at left, and Siva the destroyer at right.*

acts as an intermediary between mind and body. Life can, of course, involve itself within the form or body without the use of mind in any way. Life can inhabit form without mind being employed in the operation.

So can mind operate independently of the body. Life and mind ordinarily encompass and indwell each other.

On the other hand, mind can most certainly influence the life force within the body, helping to eradicate disease and to change the form according to the visionary or image-creating powers which it (the mind) possesses and which it brings to bear upon life force and the body in which it functions.

In this sense, life may be said to be an agent of mind. Ordinarily the subconscious mind uses the life force in the body without the conscious mind being involved in any way. But when the conscious mind does deliberately assume some control over the life force it is able to wield an astonishing power and to transform conditions in the physical form.

Mind can meet and conquer the forces and elements of life or nature and control them consciously, directing them to its purpose of perfection. Thus we may say that in reality life is an outer manifestation of an inner divinity.

Just as the conscious mind is merely a focal point of the higher superconscious mind within the physical form, so may the life force within matter be recognized as only a shadowing of the great Light of a Divine Life which ensouls not only it but all the higher planes of being.

I shall repeat an important idea expressed in Step 2. The more your mind dwells upon the qualities of strength, beauty, creativity, courage, realization of goals, noble ideas, spiritual qualities, and other positive attributes, the more vitalizing impetus you give the life force in you. You release a constructive and sustaining power to your own inner life force. You keep yourself centered in the moving flow of creative cosmic energy instead of coming to rest in stagnant pools by the wayside.

Science tells us that matter resolves itself into energy. And metaphysics, or that science which is "above" physical science, has discovered a yet higher truth: that this energy into which matter resolves is subject to direction by the mind. Does this make the world of matter unreal? No more than changing water into steam makes water unreal. It certainly is real enough for man to drown in it unless he uses his capacities for overcoming it and using it creatively. And the same is true in the relationship between mind and matter.

This very minute you possess in your mind those capacities which enable you to triumph over matter through expressions of your own consciousness and will, through a functioning relationship between your mind and the Greater Mind. We will explore those capacities now.

### ALL IS VIBRATION, MODIFIED BY CONSCIOUSNESS

If science tells us true, then this earth and you and I are simply forms of vibration in the process of modifying other vibratory forces.

The earth receives the vibratory radiations of the sun, other planets, and cosmic forces of unknown origin, modifies them with its own vibratory elements, and radiates them again.



You and I receive these same radiations, modify them with our own vibratory elements, and radiate them again. Precisely the same process. The elements within us which modify the incoming forces are our emotions, thoughts and radiations from the physical organs of the body.

For the practical purposes of this lesson we may say everything is vibration...modified by the Consciousness behind it or the individual consciousness within it, as Richard Ingalese said in his unusual book *The History and Power of Mind*. The minds of both God and man modify the subtle ethers to create and arrange circumstances.

Matter is spirit at a lower rate of vibration at which solidification and separation occur. Spirit has its own vibratory pattern. When you are attuned with it you are expressing on the level of life's deeper brotherhood...you are more creative...you express a greater and purer degree of the Self.

#### FROM MATTER TO SPIRIT

Knowing spirit to be the inner reality of matter, and matter to be a substance forming a body for spirit, is man justified in revolting from the confines of matter to seek greater spiritual freedom among the vast spaces of ethers -- God's greater world of being?

Man often believes the world of matter to be his enemy. He feels his body to be the prison house which separates him from the freedom of the spheres. But let us seek to find why the Creator caused man's spirit to indwell a form of matter. Was He offering the indwelling spirit a means of attaining greater freedom...greater individual powers...greater opportunities for soul expansion?

At this point in man's evolvment, matter responds to mind only to a limited degree. Then the force of matter, whose nature is to build and then destroy to build again, tends toward its true purpose. And ceasing to respond to the call of the mind, dips downward to dissolution and destruction of the physical form.

This is why the pessimist avows that it is folly to seek beyond the nature of man to find God. He may believe there to be a God and a life beyond this life. But he is content to let the matter rest there, beyond the scope of his exploration. One world at a time, is his creed.

"Man, in the physical world, was not meant to know of life in the heaven world," he reasons, and refuses to turn his thoughts Godward. "Why seek the Infinite among the finite?" he asks.

He fails to realize that the limitations of the finite are of incalculable help in his own development. It is through functioning in these limitations, bringing order out of their chaos, that he learns to become a conscious creator...a co-creator with the Infinite. Through the development of his mind in its relationship with life force and matter he comes finally to that point at which he departs from finite limitations and acquires infinite possibilities.

The purpose of being in form in the first place is to learn how to use form. Man cannot express as a creator outside of form until he has first learned to function as a creator within form.

And he is ultimately to learn that by liberation is not meant a fleeing from bodily existence and its laws -- death, decay and destruction, but that liberation means liberation of the entire world of matter and the bodies thereof...a liberating out of mortality and into immortality...a transmuting of the world of matter into immortal etheric substance.

In speaking of the body, Paul said, "It is sown in corruption, it is raised in incorruption." In other words, its vibratory nature is raised from the present octave of matter to a higher octave. This is man's ultimate liberation.

Man should not abhor the physical form and consider it an obstruction to his divinity. In transforming his mind, in developing his conscious mind into a superconscious mind, may he not also transform his physical form into a form immortal and divine?

That which is mortal can become immortal. That which is material substance can be transmuted into spiritual substance. Man can bring paradise to earth. He can return to his Garden of Eden. He can cause the old earth and the old heaven to pass away...to make way for the new heaven and the new earth -- the coming of the "New Jerusalem."

When the struggling ascetic, frustrated by the limitations of mind and confinements of body, embraces the possibility that he is given these instruments as a means of further developing his own creative powers,



he has arrived at a time of true usefulness.

This very struggle against the confines of the body was designed to inspire him to raise the atoms of the dense physical form to the atoms of an immortal form. The seeker who would liberate his mind from restrictions of the finite would do well to realize that he should also strive to liberate the life force held within the dense form of matter. He should seek not only to liberate his mind but to liberate his body... not only to immortalize his soul but to etherealize his physical form, transforming it, too, into a divine body.

In future eons man will come to know that, in seeking liberation from the wheel of life and death so that he no longer need incarnate in physical form, what is truly meant is that he should liberate not only his mind but his body also. His purpose is to overcome the laws of death and decay -- which is to say that he must raise his form beyond the effects of that law.

#### VITALIZING BODY AND MIND

How are mind and body vitalized into creative activity? Food and sleep? Yes, but some persons who have plenty of both are in a state of lethargy creatively.

All thought activates electronic energy radiations, especially from the physical terminal of thought, the brain. A casual thought causes electronic radiations of a certain intensity. A creative thought causes electronic radiations of greater intensity.

These energy radiations cause electronic reactions (and resulting chemical changes) in your body. They also cause changes in the atmosphere around you, including even the situations in which you are involved.

Incorporated in your organic, chemical body is an electronic body. Incorporated in the elements of every situation is an electronic counterpart of those elements. These electronic counterparts are subject to the influence of the electronic radiations of your mind. Any thought you intensely stimulate in your mind affects the electronic structures of your body and the situations of your life, within reason of course. The effect of a single instance is slight, but the cumulative effects of repeating the same thought over and over will in time produce remarkable changes in these elec-



tronic elements and eventually in the structures of which they are the basis.

At this point we return to the four creative tools mentioned earlier in this lesson: thought, imagination, desire, intuition.

Your controlled, orderly expression of these four tools functions not only on the surface of your life but also is active in the deeper and higher areas of subconscious and supraconscious, and on all the elements of which every aspect of your life is composed.

When you deliberately organize your efforts with these four creative tools you are being creative in the highest sense. And when you are creative, you are fulfilling the highest potential of your Self. Not using the four creative tools makes you a victim of circumstances, a drifting piece of wood on the waters of life, tossed to and fro by wind and wave. Using the four creative tools helps you become the director of your destiny, the captain of a treasure-laden ship that will weather the storm and the calm and make the harbor with a precious and productive cargo. That cargo, always remember, is the fulfillment of your Self and its potential.

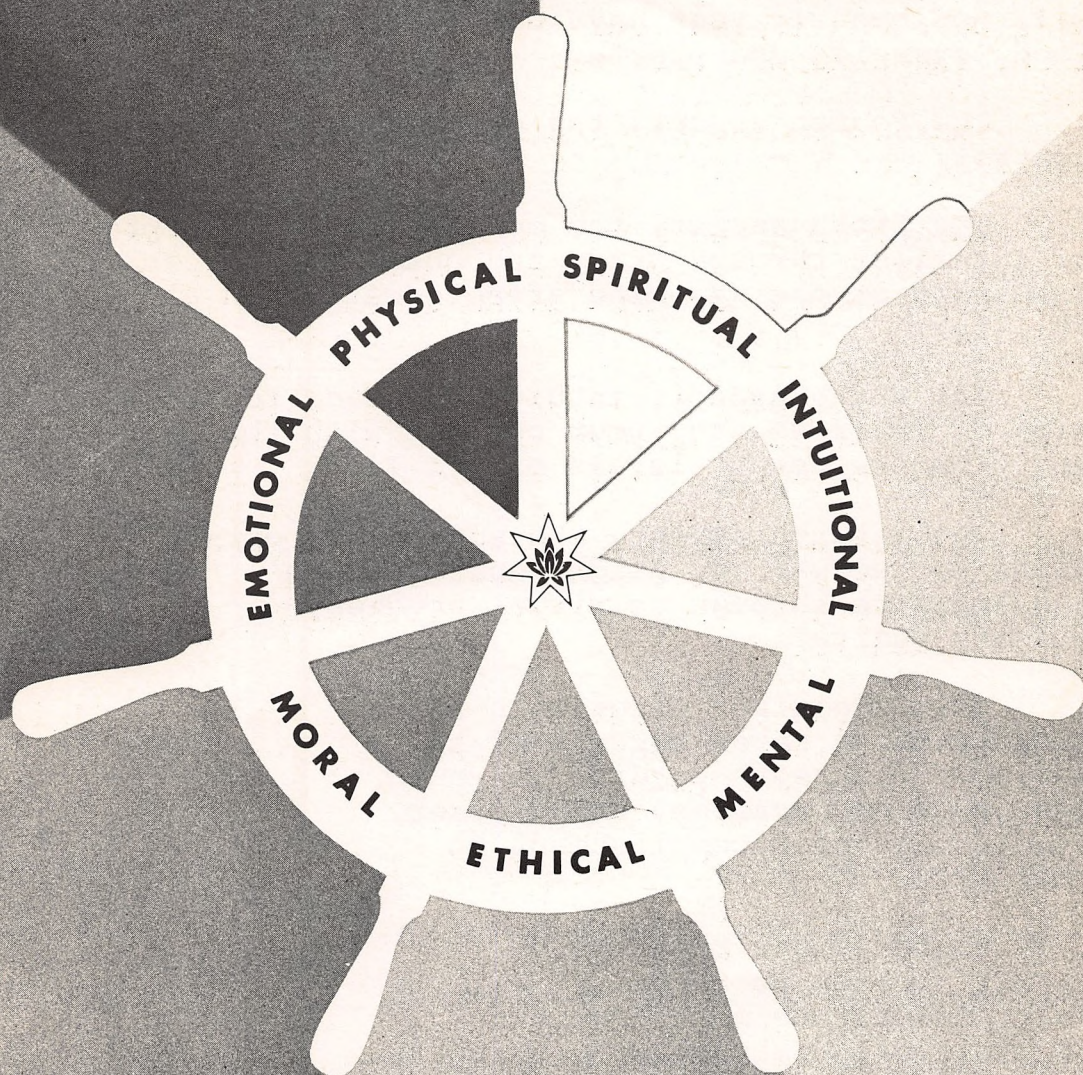
To put the picture in orderly perspective, consider an outline you can follow for the best expression of every aspect of your being.

#### THE SEVEN ASPECTS OF SELF-MASTERY

There are seven aspects of your being and your self-expression that, when seen as an organized unit, bring order out of chaos and greatly simplify the process of fulfilling your Self. They are:

1. Moral
2. Ethical
3. Physical
4. Emotional
5. Mental
6. Intuition
7. Spiritual





*The seven principles  
to help you steer your ship  
of life through chaos to order.*



The first two aspects, moral and ethical, require adopting standards by which you think and act. They require self-purification and control at the point at which those standards are met.

The third aspect, the physical, requires the practice of temperance and your judgment of what will or will not benefit your physical nature in the areas of food, exercise and breath.

The fourth aspect, the emotional, calls for self-control.

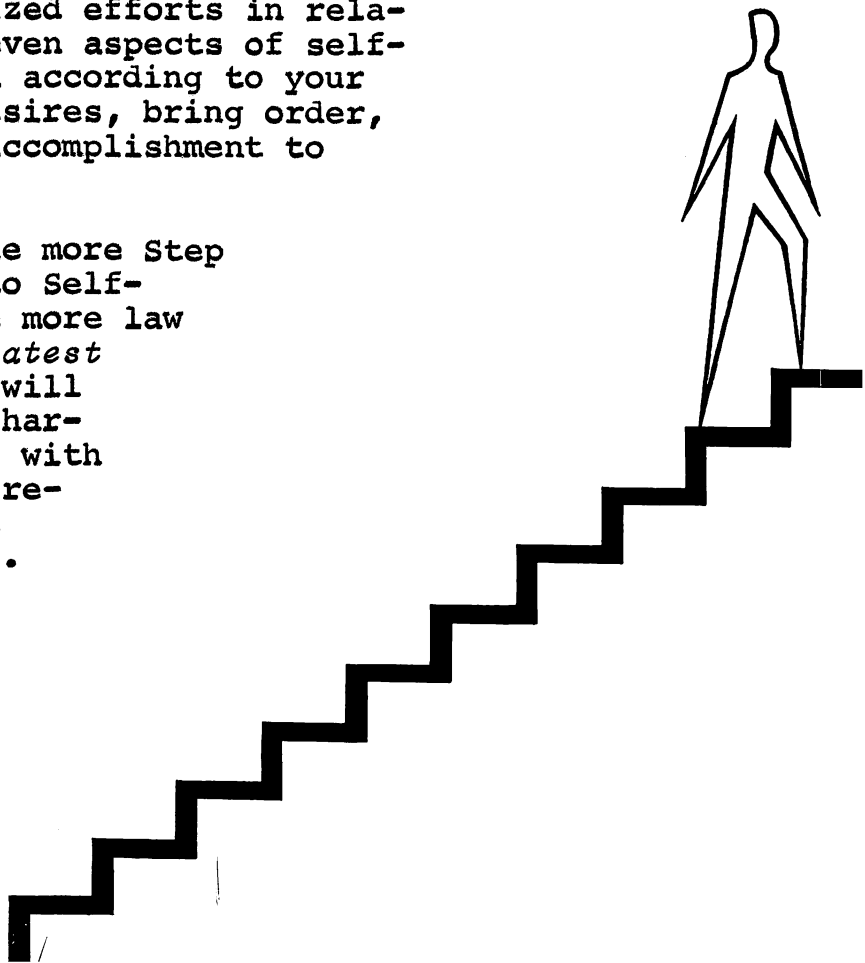
The fifth aspect, the mental, requires improvement of intellect through study and observation...and a knowledge of the way mind affects matter on all planes of life.

The sixth aspect, intuition, leads to the expression of inner senses, your contact with the High Self and with the deeper levels of all life.

The seventh aspect, the spiritual, pertains to the way you align yourself with the Infinite through spiritual studies, prayer, meditation.

Your organized efforts in relation to these seven aspects of self-mastery, planned according to your own needs and desires, bring order, creativity and accomplishment to your life.

There is one more Step in our journey to Self-fulfillment, one more law to use...*The Greatest Law of All*. It will teach us how to harmonize our lives with others and will reveal the essence of the Soul-Self.



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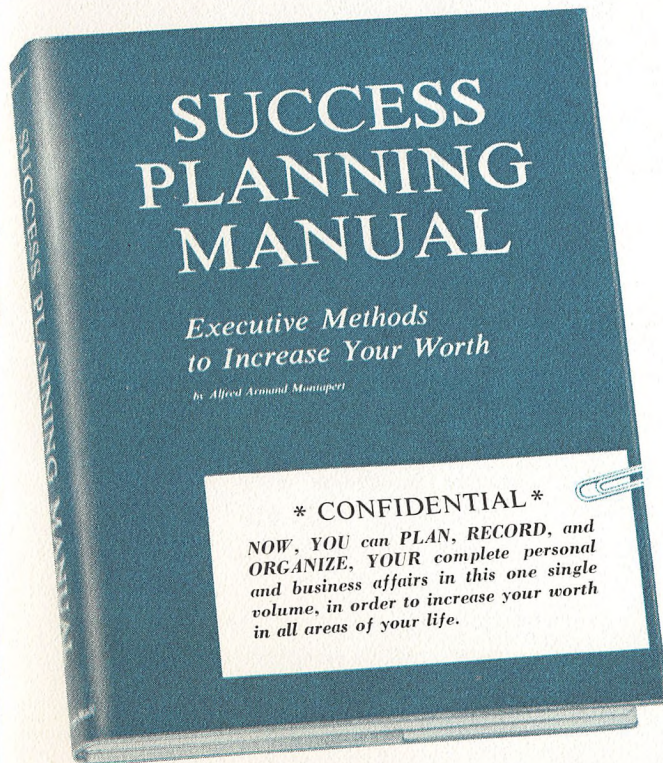
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